

# Boeuf Bourguignon, sans boeuf

*(Bean Stew in Red Wine, with Dates, Onions and Mushrooms)*

**Derived from Julia Child**

**Vegetarianized by CinnamonQuill.com**

## **In place of bacon lardons:**

4 oz whole, pitted dates (about 3/4 cup)

1-2 teaspoons smoked paprika

1/4 teaspoon pepper

1 Tablespoon kosher salt

1 Tablespoon minced onion (dried or fresh)

1 teaspoon ground rosemary

1 teaspoon balsamic vinegar

Hot water

Slice each date lengthwise into four pieces, then crosswise into four pieces. Combine spices + vinegar in bowl, add dates, and fill bowl with hot water. Let soak 1-2 hours.

## **In place of the 3 lbs of beef:**

1 cup walnuts, soaked in hot water for 2+ hours, then drained

2 cups cooked lentils (cook with bay leaves for extra flavor)

1 15 oz can dark red kidney beans, drained and rinsed (or make them from scratch, if you are awesome)

## **Remaining ingredients:**

Olive oil

Clarified butter

1 1/4 cups sliced carrots

1 small onion, thinly sliced

1 red onion, thinly sliced

2-3 cups red wine

2-3 cups vegetable broth (I used 1 1/2 of these Rapunzel bouillon cubes)

1 Tablespoon tomato paste

2 whole cloves garlic

2 minced cloves garlic

3 bay leaves

1 teaspoon dried thyme (fresh would be great)

2 Tablespoons flour (I used 1 Tablespoon corn flour + 1 Tablespoon potato flour)

1 teaspoon ground rosemary

Fresh parsley and/or thyme for garnish

**For the onions + mushrooms:**

30ish small white onions (enough to fill up your skillet)

1 lb small white mushrooms, washed and thoroughly dried

Butter

Olive Oil

Soy Sauce

Brown Sugar

Red Wine

Soy sauce or Bragg's amino acids

Dark brown sugar

Preheat oven to 325F.

Drain date pieces, reserving the liquid. Heat 1 tablespoon of olive oil + 1 tablespoon of butter in skillet; add drained date pieces and saute about 5 minutes, careful not to allow them to burn. Transfer to a dutch oven.

Heat 1 tablespoon olive oil + 1 tablespoon butter in skillet, add kidney beans + lentils until they get slightly browned. Add corn + potato flour, and stir, until beans are well coated. Transfer bean mixture to dutch oven with date pieces.

Heat 1 tablespoon butter in skillet, add vegetables (carrots, onions) + walnuts. Add 1 tablespoon of brown sugar + 1/2 tablespoon tamari/Bragg's and cook over medium, until onions have begun to caramelize, about 8-10 minutes. Transfer mixture to dutch oven.

Stir 2 cups of red wine + 2 cups of vegetable broth + reserved date marinade into dutch oven. Make sure mixture is thoroughly covered with liquid; if not, add more wine/broth. Add tomato paste, minced garlic, whole garlic, thyme, bay leaves, and rosemary.

Place dutch oven, uncovered, in lower half of oven, and bake for one hour. After one hour, stir stew; if liquid is not covering mixture, add more wine/broth. Taste kidney beans; make sure they are not getting dried out from lack of liquid. Cover and return dutch oven to bake for another hour. (And, if you are anything like me, feel free to obsessively open and close the oven, stir mixture constantly, and exhibit positive anxiety over your pending bourguignon experience.)

Meanwhile, prepare onions + mushrooms according to the original instructions (Links to original cookbooks scans). I did this by taste, essentially, but for the onions, I added brown sugar/tamari as needed to obtain a bit of caramelization and proper 'browning'. For the mushrooms, I used red wine in place of the broth.

Add mushrooms + onions to stew. Taste several times over, adjusting seasonings as needed. If stew seems dry, add more wine/broth and bring to a simmer. I chose to leave it a bit thick, but you may wish to thin it, depending on how you plan to serve it.

Garnish with parsley/thyme and serve alongside fingerling potatoes, noodles, or rice.